

LES MILLS NORDIC

QUARTERLY WORKSHOPS & WEBINARS | Q2-2022



LES MILLS

WHAT'S NEW Q2?

THANK YOU ALL for the amazing work that you do. It's so awesome that we **#UNITED** across the globe are making this planet a healthier place, one workout at a time.

You as Instructors play such an important role in creating change. We at Les Mills Nordic want to make sure you get the opportunity to fill your cup with more inspiration and motivation to stay on top of your game and keep on creating life-changing fitness experiences.

LIVE Quarterly workshops are back in the mix!

We are excited to give you the best of two worlds to choose from, live and online with a special surprise for all you dancers out there.

Put your hands up for BODYJAM® 100

The coolest dance program of them all turns 100 releases. This will be celebrated big time with an awesome **'The 100 BEATS of BODYJAM! event'**. But there is more on the dancefloor, **Gandalf Archer Mills**, the Program Director is joining the BODYJAM® 100 webinar.

You want more LIVE events?!

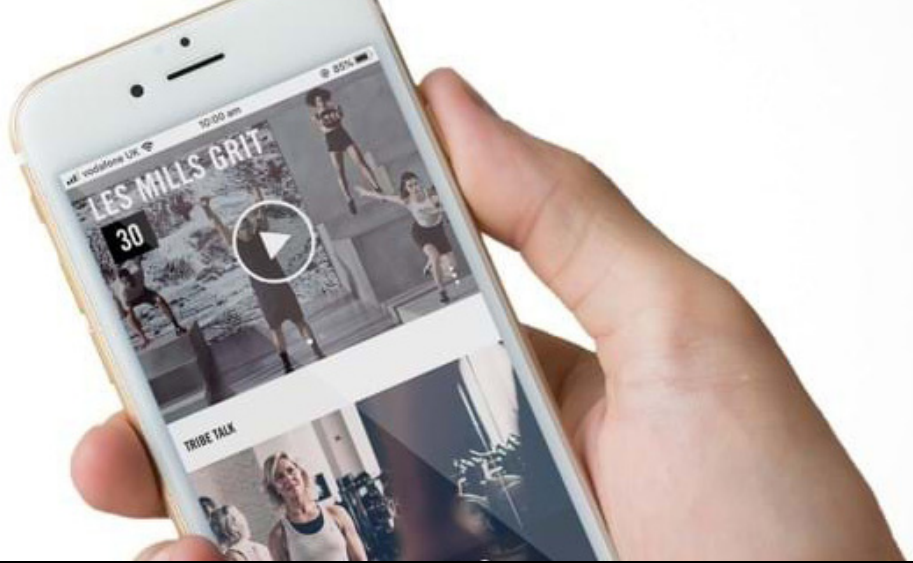
Les Mills will participate at a whole bunch of live events this round and you can count them all as Quarterly workshops.

- The 100 BEATS of BODYJAM! Sweden
- ESPORT - Super Quarterly Finland
- Workout Åre Sweden
- Be Loud Denmark
- EU4YA Poland

Elin Hellström



Les Mills Nordic AB | Head Trainer



RELEASE DETAILS & DATES TO REMEMBER

UPDATE YOUR PAYMENT METHOD

If you're paying for the releases yourself and haven't updated your payment method, make sure to do so in the Instructor Portal before the 16th of May. Simply follow the steps [here](#).

IMPORTANT NOTE ABOUT BOOKING QUARTERLY WORKSHOPS

You need to have an active Releases subscription to be able to book Quarterly workshops/webinars.

16th May

Update your payment method in the [Instructor Portal](#).

18th May

New releases are available in the Instructor Portal, including THE TRIP™ 29.

20th May

Cover music is available in the Instructor Portal, including THE TRIP™ 28.

20th May

Quarterly Workshops/Webinars - START.

RELEASES UPLOAD, PRELIMINARY DATES & QUARTERLY WEEKS 2022

Releases Upload

Q2 – 18th May

Q3 – 18th Aug

Q4 – 23rd Nov

Update Payment Method

Before 16th May

Before 16th Aug

Before 21st Nov

Quarterly Weeks 2022

Q2 week 20, 21, 22

Q3 week 34, 35, 36

Q4 week 47, 48, 49

QUARTERLY WORKSHOPS

The schedule is based on local time.

STOCKHOLM

DATE TIME	PROGRAM	LOCATION	PRESENTER
20-May 18:15 - 19:45	THE TRIP™ 29	SATS Stureplan	Eerika Bui

100 BEATS OF BODYJAM!

Celebrate **100 BEATS OF BODYJAM with us** and dance the day away at our dance explosion event followed by an afterworkout mingle starting at 15:10 for all you dancers. During the event POLAR and NOCCO will be there to amp up the party. So put on your red shoes and dance!

DATE TIME	PROGRAM	LOCATION	PRESENTER
21-May 12:00 - 12:45	SH'BAM®	SATS Hötorget	Billy Magg & Charlotte Carlén
21-May 13:00 - 14:00	BODYJAM® 100!	SATS Hötorget	Niklas Bohlin, Dorotka Baburin & Billy Magg
21-May 14:10 - 15:10	BEST OF BODYJAM®	SATS Hötorget	Niklas Bohlin, Dorotka Baburin & Charlotte Carlén

- Note that on this event only Masterclasses will be presented, to take part of the Education Session book a program specific webinar as well.



21-May 09:00 - 10:45	BODYBALANCE®	Nordic Wellness Lindhagen	Anna-Karin Wikström
22-May 09:30 - 10:45	LES MILLS CORE™	Nordic Wellness Lindhagen	Niklas Bohlin
22-May 12:30 - 14:15	BODYPUMP®	Nordic Wellness Lindhagen	Martin Krook
22-May 14:30 - 15:45	LES MILLS GRIT®	Nordic Wellness Lindhagen	Martin Krook
28-May 08:30 - 09:45	LES MILLS CORE™	Nordic Wellness Lindhagen	Niklas Bohlin
28-May 11:30 - 13:15	BODYPUMP® 45 min	Nordic Wellness Lindhagen	Anna-Karin Wikström
28-May 15:00 - 16:45	BODYSTEP®	Nordic Wellness Lindhagen	Pernilla Andersson
28-May 17:00 - 18:45	BODYATTACK®	Nordic Wellness Lindhagen	Pernilla Andersson
29-May 09:00 - 10:45	BODYCOMBAT®	Nordic Wellness Lindhagen	Elin Atlebond
29-May 11:00 - 12:45	BODYPUMP®	Nordic Wellness Lindhagen	Elin Atlebond
29-May 13:00 - 14:30	RPM®	Nordic Wellness Lindhagen	Ida Sarström
29-May 14:45 - 16:00	LES MILLS SPRINT™	Nordic Wellness Lindhagen	Ida Sarström

QUARTERLY WORKSHOPS

The schedule is based on local time.

KALMAR

DATE	TIME	PROGRAM	LOCATION	PRESENTER
04-Jun	10:00 - 11:45	BODYPUMP®	Malkars Kalmar City	Kristin Andersson
04-Jun	12:15 - 13:45	THE TRIP™ 29	Malkars Kalmar City	Kristin Andersson

GOTHENBURG

DATE	TIME	PROGRAM	LOCATION	PRESENTER
28-May	12:00 - 13:45	BODYBALANCE®	SATS Kompassen	Hanna Lundh
28-May	14:00 - 15:45	BODYJAM®	SATS Kompassen	Hanna Lundh
29-May	14:15 - 16:00	BODYPUMP®	Nordic Wellness Backaplan	Anna-Karin Wikström
29-May	16:15 - 17:30	LES MILLS CORE™	Nordic Wellness Backaplan	Anna-Karin Wikström
29-May	12:15 - 14:00	BODYCOMBAT®	SATS Kompassen	Marco Mazza Klemi
29-May	14:15 - 15:30	LES MILLS GRIT®	SATS Kompassen	Martin Krook
04-Jun	12:30 - 13:45	LES MILLS CORE™	Nordic Wellness Backaplan	Niklas Bohlin
04-Jun	14:00 - 15:30	SH'BAM®	Nordic Wellness Backaplan	Niklas Bohlin
04-Jun	14:00 - 15:30	RPM®	Nordic Wellness Backaplan	Ida Sarström
04-Jun	15:45 - 17:00	LES MILLS SPRINT™	Nordic Wellness Backaplan	Ida Sarström
05-Jun	14:15 - 15:45	THE TRIP™ 29	SATS Kompassen	Sara Bohman
05-Jun	14:00 - 15:45	BODYSTEP®	Nordic Wellness Backaplan	Pernilla Andersson
05-Jun	16:00 - 17:45	BODYATTACK®	Nordic Wellness Backaplan	Pernilla Andersson
05-Jun	18:00 - 19:45	BODYPUMP®	Nordic Wellness Backaplan	Karin Björneloo

OSLO

DATE	TIME	PROGRAM	LOCATION	PRESENTER
21-May	14:00 - 15:45	BODYPUMP®	SATS Bislett	Ditte Sommer Weinreich
22-May	10:00 - 11:45	BODYATTACK®	Fresh Fitness St Hanshaugen	Ditte Sommer Weinreich
22-May	12:00 - 13:15	LES MILLS CORE™	Fresh Fitness St Hanshaugen	Ragnhild Lien
22-May	13:45 - 15:30	BODYBALANCE®	Fresh Fitness St Hanshaugen	Ragnhild Lien

PRAGUE

DATE	TIME	PROGRAM	LOCATION	PRESENTER
29-May	10:00 - 11:45	BODYPUMP®	Form Factory Vinohradska	Veronika Benesova
29-May	12:00 - 13:15	LES MILLS CORE™	Form Factory Vinohradska	Ria Hrusovska
29-May	13:30 - 15:15	BODYBALANCE®	Form Factory Vinohradska	Veronika Benesova
29-May	15:30 - 17:15	BODYCOMBAT®	Form Factory Vinohradska	Ria Hrusovska

WEBINAR DATES

**BODYBALANCE® is BODYFLOW® in Denmark.*

The schedule is based on local time.

DATE TIME	PROGRAM	LANGUAGE	PRESENTER
23-May 19:00 - 20:00	BODYCOMBAT®	Finnish	Karo Nyman & Eerika Bui
23-May 19:00 - 20:00	BODYPUMP®	Swedish	Elin Atlebond & Karin Björneloo
23-May 20:15 - 21:15	THE TRIP™ 28	English	Eerika Bui & Sara Bohman
23-May 20:15 - 21:15	LES MILLS CORE™	English	Ragnhild Lien & Tor Andersen
24-May 18:00 - 19:00	BODYPUMP®	Finnish	Hanne Vilpponen & Niko Viskari
24-May 19:00 - 20:00	BODYBALANCE®	Finnish	Niko Viskari & Susanna Varsanpää
24-May 19:00 - 20:00	BODYSTEP®	English	Pernilla Andersson & Hanne Vilpponen
24-May 20:15 - 21:15	SH'BAM®	English	Billy Magg & Janni Lindgren
24-May 20:15 - 21:15	BODYATTACK®	Swedish	Pernilla Andersson & Lydia Johansson
24-May 20:15 - 21:15	BODYPUMP®	English	Hanne Vilpponen & Niko Viskari
25-May 19:15 - 20:15	THE TRIP™ 29	English	Eerika Bui & Sara Bohman
25-May 20:30 - 21:30	BODYJAM®	English	Dorotka Baburin & Gandalf Archer Mills

SPECIAL WEBINAR GUEST: GANDALF ARCHER MILLS

BODYJAM100 is here! To celebrate this milestone, we invited the maestro himself, Gandalf Archer Mills to our webinar on the **25th of May, 20:30 CEST**. Hang out with G and Dorotka to learn what makes this release so special.



LES MILLS
BODYJAM

WEBINAR DATES

**BODYBALANCE® is BODYFLOW® in Denmark.*

The schedule is based on local time.

DATE	TIME	PROGRAM	LANGUAGE	PRESENTER
26-May	19:00 - 20:00	BODYBALANCE®*	Swedish	Hanna Lundh & Kristin Andersson
26-May	19:00 - 20:00	LES MILLS GRIT®	English	Karo Nyman & Martin Krook
26-May	20:15 - 21:15	LES MILLS CORE™	Swedish	Niklas Bohlin & Anna-Karin Wikström
26-May	20:15 - 21:15	RPM®	English	Ida Sarström & Olivia Lundkvist
30-May	19:00 - 20:00	LES MILLS BARRE™	English	Niklas Bohlin
30-May	19:00 - 20:00	BODYBALANCE®*	English	Tor Andersen & Ragnhild Lien
30-May	20:15 - 21:15	BODYCOMBAT®	Swedish	Marco Mazza Klemi & Elin Atlebond
30-May	20:15 - 21:15	SH'BAM®	English	Billy Magg & Janni Lindgren
31-May	19:00 - 20:00	LES MILLS SPRINT™	English	Ida Sarström & Fanny Åhlund
31-May	19:00 - 20:00	BODYATTACK®	English	Lydia Johansson & Sander Johansen
31-May	20:15 - 21:15	LES MILLS GRIT®	Swedish	Martin Krook & Elin Hellström
31-May	20:15 - 21:15	BODYCOMBAT®	English	Claudia Kupferschmidt de la Mau & Elin Atlebond
01-Jun	19:00 - 20:00	LES MILLS CORE™	English	Niklas Bohlin & Tor Andersen
01-Jun	19:00 - 20:00	BODYSTEP®	English	Pernilla Andersson & Hanne Vilpponen
01-Jun	20:15 - 21:15	BODYBALANCE®*	English	Tor Andersen & Hanna Lundh
01-Jun	20:15 - 21:15	BODYPUMP®	Swedish	Elin Atlebond & Karin Björneloo
02-Jun	19:00 - 20:00	BODYPUMP®	English	Ditte Sommer Weinreich & Veronika Benesova
02-Jun	19:00 - 20:00	LES MILLS SPRINT™	English	Ida Sarström & Fanny Åhlund
02-Jun	20:15 - 21:15	LES MILLS TONE™	English	Kimi Holm & Fanny Åhlund
02-Jun	20:15 - 21:15	RPM®	English	Ida Sarström & Olivia Lundkvist
05-Jun	19:00 - 20:00	BODYATTACK®	English	Lydia Johansson & Sander Johansen
05-Jun	19:00 - 20:00	BODYCOMBAT®	English	Karo Nyman & Claudia Kupferschmidt de la Mau
05-Jun	20:15 - 21:15	LES MILLS GRIT®	English	Karo Nyman & Martin Krook
05-Jun	20:15 - 21:15	BODYPUMP®	English	Ditte Sommer Weinreich & Veronika Benesova

ESPORT - SUPER QUARTERLY - FINLAND

LIVE AT LAST – A big welcome to Esport Bristol!

Esport Bristol warmly welcomes you to enjoy the Les Mills Super Quarterlies at LIVE AT LAST a united group fitness experience. Make it a weekend to remember, attend the Les Mills workouts first and then enjoy an exclusive after workout party. POLAR and Barebells will be there to brighten up the event with competitions and fun activities.

How to book your spot

Book your spot in the **Instructor Portal** as usual. If you want to attend the POLAR workshop make sure to book it in the Instructor Portal as well. This event counts as a Quarterly Training in programs offered during the event. **Note that on this event only Masterclasses will be presented**, to take part of the Education Session book a program specific webinar as well.

ESPORT SUPERT QUARTERLY SCHEDULE *The schedule is based on local time.*

DATE	TIME	PROGRAM	PRESENTER
21-May	09:00 - 09:45	BODYBALANCE®	Arja Vanhanen & Susanna Varsanpää
21-May	09:50 - 10:35	BODYPUMP®	Hanne Vilpponen & Susanna Varsanpää
21-May	10:45 - 11:10	POLAR WORKSHOP	The POLAR Team
21-May	11:15 - 12:00	BODYSTEP®	Hanne Vilpponen & Susanna Varsanpää
21-May	12:05 - 12:50	BODYCOMBAT®	Karo Nyman, Jemina Laitinen & Claudia Kupferschmidt de la Mau
21-May	12:55 - 13:25	LES MILLS CORE™	Karo Nyman & Arja Vanhanen
21-May	13:30 - 14:15	BODYATTACK®	Kira Tiivola & Niko Viskari
21-May	14:20 - 14:50	LES MILLS GRIT®	Karo Nyman & Konsta Kossi
21-May	14:30 - 15:10	LES MILLS SPRINT™	Kira Tiivola
21-May	14:55 - 15:25	LES MILLS BARRE™	Janni Lindgren
21-May	15:20 - 16:00	THE TRIP™ 29	Kira Tiivola
21-May	15:30 - 16:00	LES MILLS TONE™	Arja Vanhanen
21-May	16:05 - 16:50	SH'BAM®	Janni Lindgren & Jemina Laitinen
21-May	17:00 - 18:00	BODYJAM® 100!	Janni Lindgren & Claudia Kupferschmidt de la Mau

Afterparty in the heart of Helsinki

The Esport Bristol team invites you and their club members to a laidback private afterparty at **Club Rymy Eetu between 06:00 PM - 09:00 PM**. No prebooking needed, just show up on time to enjoy good company and raise the roof in the spirit of BODYJAM® 100.

ESPORT - SUPER QUARTERLY - FINLAND

Location & Transportation

Esport Bristol is located in the heart of Helsinki in the Aikatalo building near the main railway station **address: Mikonkatu 8, 00100 HELSINKI.**

You can reach Esport Bristol easily by public transport destined to main railway station. If you come by car the nearest parking hall is Eliel parking, under the main railway station, just 5 minutes walk from Esport Bristol.

Food & Restaurants

Esport Bristol is located in the middle of everything, you will find plenty of restaurants in the area that fit everyone's taste.

Special hotel offer only for Les Mills Instructors

Stay the whole weekend in style at the brand new **Scandic Grand Central Helsinki Hotel** located close to Esport Bristol. The hotel offers a special price for you staying between 20th-22nd of May 2022:

- Single room €139 per night
- Double room €159 per night
- Use the CODE: **BLES200522** when making your **reservation here**

There is a limited number of rooms. The offer is valid until the 6th of May and rooms subject for availability.



WORKOUT ÅRE - SWEDEN

How to book your spot

Book your spot in the [Instructor Portal](#) as usual. This event counts as a Quarterly Training in the programs offered during the event. **Note that on this event only Masterclasses will be presented**, to take part of the Education Session book a program specific webinar as well.

Important note

You need to purchase a separate ticket to attend Workout Åre. You can buy your ticket [here](#).

Program & Info

See program and info online [here](#).

LES MILLS CLASSES AT WORKOUT ÅRE

The schedule is based on local time.

DATE	TIME	PROGRAM	PRESENTER
27-May	12:00 - 13:00	BODYPUMP®	Olivia Lundkvist
27-May	12:00 - 12:30	LES MILLS CORE™	Kristin Andersson & Sander Johansen
27-May	13:00 - 13:45	BODYJAM®	Charlotte Carlén
27-May	14:00 - 14:30	LES MILLS GRIT®	Cristine Skogastierna & Joakim Ivonon
27-May	14:00 - 15:00	BODYBALANCE®	Kristin Andersson & Sander Johansen
27-May	18:30 - 19:15	BODYATTACK®	Kristin Andersson & Sander Johansen
27-May	18:30 - 19:30	BODYCOMBAT®	Cristine Skogastierna & Joakim Ivonon
28-May	08:00 - 08:45	BODYPUMP®	Olivia Lundkvist
28-May	09:15 - 10:15	BODYBALANCE®	Kristin Andersson & Sander Johansen
28-May	11:45 - 12:30	SH'BAM®	Charlotte Carlén
28-May	11:45 - 12:15	LES MILLS GRIT®	Cristine Skogastierna & Joakim Ivonon
28-May	13:00 - 13:45	RPM®	Olivia Lundkvist
28-May	14:15 - 15:15	BODYCOMBAT®	Cristine Skogastierna & Joakim Ivonon
29-May	08:00 - 09:00	BODYATTACK®	Kristin Andersson & Sander Johansen
29-May	09:15 - 10:00	BODYPUMP®	Olivia Lundkvist
29-May	09:15 - 09:45	LES MILLS CORE™	Kristin Andersson & Sander Johansen

BE LOUD - DENMARK

DK's biggest fitness party is back!

The BE LOUD event team is super happy and excited to welcome you all back to live Les Mills Quarterly Workshops at **BE LOUD 2022 - Les Mills Super Quarterly - on the 4th of June 2022 in Kedelhallen, Copenhagen**. Nordic trainers and Instructors will present all the new Les Mills Masterclasses in an amazing venue with exhilarating sound, lights, atmosphere and community.

BODYJAM® 100

BODYJAM® turns 100 releases and this will be celebrated in a epic and unforgettable way with amazing Trainers and Instructors. This will be something you want to be a part of, make sure to bring your dancing shoes and jam with all BODYJAM® fans.

How to book your spot

Book your spot in the **Instructor Portal** as usual. This event counts as a Quarterly Training in all LES MILLS programs. **Note that on this event Masterclasses and two generic Education Session will be presented.** If you also want to take part of the program specific Education Sessions make sure to book a program specific webinar in the Instructor Portal.

LES MILLS CLASSES AT BE LOUD

** BODYBALANCE® is BODYFLOW® in Denmark.*

The schedule is based on local time.

DATE	TIME	PROGRAM	PRESENTER
04-Jun	08:30 - 09:30	BODYSTEP®	Ditte Sommer Weinreich
04-Jun	09:00 - 10:00	BODYBALANCE®*	Tor Andersen
04-Jun	09:35 - 10:35	BODYPUMP®	Martin Krook & Pernilla Andersson
04-Jun	10:40 - 11:25	Generic Education	Tor Andersen
04-Jun	11:10 - 11:55	SH'BAM®	Dorotka Baburin
04-Jun	11:30 - 12:30	BODYPUMP®	Pernilla Andersson
04-Jun	12:00 - 13:00	BODYATTACK®	Ditte Sommer Weinreich
04-Jun	12:35 - 13:35	BODYPUMP®	Martin Krook
04-Jun	13:40 - 14:15	Generic Education	Tor Andersen
04-Jun	14:10 - 15:10	BODYJAM®	Claudia Kupferschmidt de la Mau & Dorotka Baburin
04-Jun	14:20 - 15:20	BODYSTEP®	Pernilla Andersson & Louise Nilsson
04-Jun	15:20 - 15:50	LES MILLS CORE™	Tor Andersen
04-Jun	15:20 - 15:50	LES MILLS GRIT®	Martin Krook
04-Jun	15:30 - 16:30	BODYPUMP®	Ditte Sommer Weinreich
04-Jun	16:00 - 17:00	BODYCOMBAT®	Claudia Kupferschmidt de la Mau

BE LOUD - DENMARK

Important note

You need to purchase a separate ticket to attend the BE LOUD EVENT. As a Les Mills Instructor you get a 100 DKK voucher on your ticket with the code: **lesmills22**. The number of tickets and spots in Hall B are limited so get your ticket **here** today.

Program & Info

See program and info online **here** or on **Facebook**.

Location

KEDELHALLEN
Nyelandsvej 75A
DK-2000 Frederiksberg

Click here for Google Map directions.



EU4YA - POLAND

How to book your spot

Important note: The EU4YA event is sold out. If you have a ticket then this event counts as a Quarterly Training in the programs offered during the event, but you need to book the Quarterly Training in the **Instructor Portal** as usual. **Note that on this event only Masterclasses will be presented**, to take part of the Education Session book a program specific webinar as well.

LES MILLS CLASSES AT EU4YA

The schedule is based on local time.

DATE	TIME	PROGRAM	PRESENTER
04-Jun	11:15 - 12:15	BODYPUMP®	Szymon Wesołowski & Hanne Vilpponen
04-Jun	14:15 - 15:15	BODYCOMBAT®	Szymon Wesołowski
04-Jun	18:00 - 18:30	LES MILLS GRIT®	Paweł Jeziorek & Szymon Wesołowski
04-Jun	18:40 - 19:20	BODYATTACK®	Paweł Jeziorek
05-Jun	13:40 - 14:40	BODYSTEP®	Hanne Vilpponen
05-Jun	16:00 - 17:00	BODYBALANCE®	Natalia Litwiniuk

Newsflash - BODYSTEP is coming to Poland

BODYSTEP® is about to drop in Poland and the first class will take place at the EU4YA with Finnish National Trainer Hanne Vilpponen.





GOOD TO KNOW - STAYING UP TO DATE & CERTIFIED

What am I obliged to do to make sure I stay up to date and certified?

As a certified and active Les Mills Instructor you must stay up to date within your program/s and purchase the latest release 4 times per year.

What happens if I miss releases?

If you should miss out on more than 4 releases in your program then you'll be listed as inactive in that program. Should you miss out on more than 8 releases then you'll need to attend a new Initial Module Training in that program.

How many Quarterly Workshops/Webinars do I have to attend per year?

As a certified and active Les Mills Instructor you are obliged to attend 2 Quarterly Workshops/Webinars per year.

What counts as a Quarterly Workshop/Webinar?

Live & Online Quarterly Workshops (when offered) or Quarterly Webinars.



GOOD TO KNOW - PAYMENT & BOOKING WORKSHOPS

Update payment method

If your club usually pays for your releases please check with your manager that your SUBSCRIPTION is activated. If you pay by yourself follow the steps below to update your payment details.

- Log in to the **Instructor Portal** on a computer using Chrome browser
- In Account Setting scroll down to 'Billing Information'
- Click 'View/Edit Billing Information'
- Fill in your details and 'Save'.

Book a Quarterly Workshop or Quarterly Webinar

- Log in to the **Instructor Portal** on a computer using Chrome browser
- Go to 'Events' - Choose 'Quarterly Workshop' & Select 'Program Type'
- Find your event - 'Book' - Tick the box under 'Book'
- You don't use any 'Discount Code' - Click 'Continue'
- Fill out 'Billing Information' your home address
- Continue to 'Payment Information and Order Review'
- Place order - Check your email for a confirmation.